

Express Your Mind

COPPER KNOB
BY STEPHENETS

拍數: 64
編舞者: Yvonne Anderson (SCO)
音樂: Express - Dinah Carroll

牆數: 4

級數: Intermediate/Advanced



RIGHT TOE TOUCHES-KICK, FORWARD SAILOR ¼ RIGHT, CROSS, HOLD, SNAP, UNWIND ½ TURN RIGHT WITH HEEL FLICK

- 1&2 Touch right toe beside left, touch right toe slightly forward, kick right foot forward
3&4 Step right across left, making ¼ turn right step left foot to left, step right foot to right
5-6 Cross left foot over right foot and slap right hip with right hand, hold and slap left hip with left hand
7-8 Snap right fingers to right, make ½ turn right and flick left heel up

CROSS, HOLD, & BEHIND, & IN-FRONT, JAZZ BOX WITH ½ TURN RIGHT

- 1-2 Step left foot across right, hold and flick both hands out to sides palm down
&3 Step right foot to right, step left foot behind right
&4 Step right foot to right, step left foot across right
5-6 Step right foot across left, step left foot back making ¼ turn right
7-8 Make ¼ turn right stepping right foot forward, step left foot forward (3:00)

REVERSE SAMBAS RIGHT AND LEFT, ROCK RECOVER, FULL TURN FORWARD

- 1&2 Rock right foot to right diagonal, recover weight on left, step right foot behind left
3&4 Rock left foot back to left diagonal, recover weight on right, step left behind right
On counts 1-4, use shoulder shrugs and twist body to emphasize movement
5-6 Rock back on right foot, recover weight on left foot
7-8 Traveling forward make a full turn left stepping right, left (3:00)

MICKEY STEPS WITH ¼ TURN RIGHT, STEP ½ LEFT, LEFT KICK, LEFT COASTER STEP

- &1 Step right foot forward, step left foot beside right foot and swing arms back
&2 Making ¼ turn right step right foot back, step left foot beside right foot and swing both arms forward
&3 Step right foot forward, step left foot beside right foot and swing arms back
&4 Step right foot back, step left foot beside right foot and swing both arms forward (6:00)
5-6 Step right foot forward making ½ turn left, kick left foot forward (12:00)
7&8 Step left foot back, step right foot beside left, step left foot forward

STEP, POINT, STEP, POINT, SYNCOPATED WEAVE WITH ½ RIGHT

- 1-2 Step right foot forward, point left foot to left and snap fingers
3-4 Step left foot forward, point right foot to right and snap fingers
5&6 Step right foot across left, step left foot to left, step right foot behind left
&7 Step left foot to left, step right foot across left
&8 Making ¼ turn right step left foot back, make ¼ turn right stepping right foot to side (6:00)

SHUFFLE FORWARD LEFT AND RIGHT, KICK AND POINT, BEHIND & IN-FRONT

- 1&2 Shuffle forward stepping left, right, left
3&4 Shuffle forward stepping right, left, right
5&6 Kick left foot forward, step left foot beside right, point right toes to right
7&8 Step right foot behind left, step left foot to left, step right foot across left foot

KICK AND POINT, COASTER ¼ LEFT, STEP TURN ½, SHUFFLE FORWARD LEFT

- 1&2 Kick left foot forward, step left foot beside right, point right toes to right

- 3&4 Making $\frac{1}{4}$ turn left step right foot behind left foot, step left foot beside right foot, step right foot slightly forward (3:00)
- 5-6 Step left foot forward, pivot $\frac{1}{2}$ right with weight on right foot (9:00)
- 7&8 Shuffle forward stepping left, right, left

ROCK, RECOVER, FULL TRIPLE TURN, ROCK RECOVER, $\frac{1}{2}$ TURN SHUFFLE

- 1-2 Rock right foot forward, recover weight on left foot
- 3&4 Make full turn right stepping right, left, right
- 5-6 Rock left foot forward, recover weight on right foot
- 7&8 Make $\frac{1}{2}$ turn left stepping left, right, left (3:00)

REPEAT
